

The 914th Airlift Wing

NIAGARA FRONTIERSMAN

November 2003

NIAGARA FALLS AIR RESERVE STATION

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New fitness standards take total force course

By 2nd Lt. Lance Patterson

Air Force Reserve Command Public Affairs

ROBINS AIR FORCE BASE, Ga. – Starting Jan. 1, reservists will have to quicken their pace and flex their muscles when the Air Force begins its new physical fitness standards.

“Our intention as reservists is to have the same fitness requirements as the rest of the Air Force,” said Maj. Rebecca Reynolds of the command surgeon’s aerospace medicine division at Headquarters Air Force Reserve Command. “Once our supplement to the Air Force instruction is complete, it is likely these will be the same as our active-duty counterparts.”

The new physical fitness test will consist of four components – push-ups, crunches, an abdominal circumference measurement and a 1.5-mile timed run. People who are not medically able to run will use the current system – a timed 3-mile walk for reservists and the cycle ergometry test for active duty – to fulfill the run component.

Component scores, which vary according to age and gender, will be added to obtain an overall fitness score. The score will determine if a person falls into the excellent, good, marginal or poor fitness category.

Fitness categories will determine how often a person must retest. For example, a composite score of 90 will put a person in the excellent category. A composite score of 75 to 89.9 will place a person in the good fit category. However, if a person has a composite score of 70 to 74.9 then that person would be considered to be marginally fit, thus requiring a retest at six-month intervals. A person who scores less than 70 will enter the poorly fit category, which requires a retest every three months. People rated marginal or poor will receive educational material to improve their scores.

“The focus of the new fitness program is not the assessment. The program is about integrating fitness into our culture and our members adopting fitness as a way of life,” said Maj. Lisa Schmidt, chief of health promotion operations for the Air Force surgeon general.

Officials said they are in the final stages of writing the instruction that will govern the fitness program. The instruction, which is scheduled to be published in January, will address unit physical training, testing procedures and programs to facilitate improvement.

Rationale behind the change comes from Air Force Chief of Staff Gen. John P. Jumper in a Sight Picture released in July. “It’s time to change the amount of energy we devote to our fitness programs due to inconsistencies with the growing demands of our warrior culture,” Jumper said.

For more information about the new fitness program standards, visit the charts online at www.af.mil/news/USAF_Fitness_Charts.pdf. (AFRC News Service)



New physical fitness standards, as demonstrated by SSgt. Pam Rickard and SMSgt. Leonard Smith, are scheduled to take effect 1 January 2004. (Photos by MSgt. Joe Cyran)

Commanders Column

By Col. James B. Roberts
Commander, 914 AW

It seemed that the sky was a deeper blue, the grass was greener, and the trees were exploding with color this past week. I'm not sure if they really were or it just felt that way because over half of our deployed folks returned from the desert. It was a wonderful homecoming and we are really looking forward to the rest of the team heading this way. We are also expecting a large group from our Communications shop to come home soon as well. On the other hand we recently deployed over a dozen of our ASTS folks to an overseas location. They have a long stay ahead of them and we want to keep each member and their families in our thoughts and prayers. The 914 AW people continue to perform so professionally that it causes those around them to notice. Each one of you, whether deployed or home-station, activated or not, has a right to be proud of your heritage as a member of this unit. Thank-you for your service.

I am starting a new column in the Frontiersman called The Straight and Level. We will try to answer FAQs, dispel or confirm rumors, and address new policies or changes in the way we do business. One such FAQ is "When are we going to get off active duty?" The plan for the C-130s was the number one topic at a recent meeting of all the Air Mobility Wing

Commanders. A plan has been drafted and is being reviewed by the AF and the nation's senior civilian leadership. It will be reviewed again this week and will probably be released within the next two weeks. I do not want to speculate on all the options that are being considered, but I am confident that our senior leaders have made a very strong case for Niagara Falls and everyone knows what we have done in support of our nation. They all understand the sacrifices and will not keep us longer than absolutely necessary.

The straight and level is... I do not know what plan will be required or approved at this point. What I do know is that I have been placed in command of a terrific group of warriors who understand that freedom must be maintained and fought for, or it will erode away. We will serve with honor, and we will serve proudly as so many have before us. And when our children ask us what we did, we will tell them. I hope to have a firm answer for you by the next issue. Thank-you again for your efforts in support of our deployed troops.



NIAGARA FRONTIERSMAN
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The Straight and Level...

When are we going to get off active-duty?

For an answer to this question please read the above commander's column.

AMC Reorganized

Air Mobility Command has undergone a major reorganization that will reduce its Numbered Air Forces (NAFs) from two to one and create two expeditionary mobility task forces. This plan took effect October 1, 2003. AMC has redesignated its two existing NAFs - 15th at Travis AFB, Calif., and 21st at McGuire AFB, N.J. - as EMTFs. They will report to a new NAF - 18th Air Force - to be headquartered at Scott AFB, Ill.

Uniform Policy for Awards Ceremonies (from AFRC/CV)

For military award presentations within the Air Force Reserve Command, the standard uniform will be the service dress for both the presenter and the recipient... This does not apply to awards given within a combatant commanders AOR when assigned to that command. This policy is effective now.

Uniform Changes if deploying to CENTCOM AOR (from USCENTAF/CC)

Uniform will be the desert BDU or flight suit with USCENTAF patch instead of AMC patch. If USCENTAF patch is not available you must still remove AMC patch. Headgear will be the 8-point USMC utility cap with the floppy hat as an alternative. If the 8-point cap is not available, individuals may deploy with the Class 2 camouflage cap (desert cap we have been wearing) until 1 Oct 04.

Metallic Name Tag Mandatory Jan. 1

Air Force personnel officials announced in a recent message to the field that the new metallic name tag will become mandatory on the service dress uniform and pullover sweater effective Jan. 1. The items, which have been available for purchase since November, will be issued to enlisted airmen by their organizations, according to the message. Officers must purchase their own name tag. (Air Force Print News)



Holiday greetings to Air Force Reserve Command

By Lt. Gen. James E. Sherrard III

Commander of Air Force Reserve Command

WASHINGTON – As we celebrate this holiday season and the start of 2004, we give special thanks and recognition to the men and women of Air Force Reserve Command.

Reservists, their families and their employers have given much to their country since 9/11 and much may be required in the future. Therefore, it is with deep pride that I salute each of you and yours for a job well

done. All of you have shouldered a tremendous responsibility in fighting the global war on terrorism.

Your dedication to duty has helped make the world a safer place. It is a privilege to serve with you.

Marsha and I wish each of you – wherever you might be in the world – the very best this holiday season has to offer. May you and your family find peace, joy and happiness as you continue to safeguard our great nation. God bless you, and God bless America. (AFRC News Service)

Fitness center to begin renovations

At the end of FY 03 the 914th Airlift Wing received some much anticipated good news. The base had received the funding to complete a major renovation of the base fitness center. This project which is in the million dollar range has been designed and awaiting funding for a couple of years.

The scope of this renovation project is very broad with almost every room in the facility being worked on and improved. Some of the major highlights of this project are:

- Major overhaul of the heating and ventilation
- Resurfacing of the gymnasium floor
- Converting one of the racquetball courts into additional weightroom space
- Resurfacing the racquetball floor
- New seamless poured floor in the steam room
- Major renovation of the lockerooms to include new tile floors
- New paint scheme throughout the building
- Rubber flooring in all workout areas
- Major renovation of the restrooms

This project once completed will improve our ability to serve you. We are excited about this project and feel confident that when completed you will feel the same. Our fitness center will have to close down to complete this work. The scope of the project is such that we are unable to remain open during construction. We are exploring several options intended to lessen the impact to you. We realize that the winter months are a busy time for working out and for fitness center usage in general. We are committed to providing an area that will allow your workouts to continue. The majority of the aerobic & strength equipment have been relocated to

building #206 (snack bar). We have a good amount of space there and will have a suitable workout set-up. This area will not have showers available immediately but plans call for the installation of a small locker/shower room for both men and women. It is our hope to have this available within 30 days. The building does have both men and women's restrooms for changing purposes. We also are exploring other options that may allow our employees to utilize other fitness facilities in the area. The staff from the Fitness Center has been contacting the local fitness facilities in regards to seeing if some sort of reduced rate could be worked out for our troops and employees during this renovation phase. If we are successful in this endeavor we will notify all civilian and military supervisors.

The temporary Fitness Center will be open in building #206 starting on Saturday 1 November 2003. The hours of operation will remain the same as before.

Monday – Friday: 7:15am – 10:00pm
Saturday & Sunday: 8:00am - 9:00pm

Please rest assured that the Fitness Center staff is doing it's best to make this a workable solution. We are committed to offering programming during this renovation time that will help to keep health & wellness a part of your daily routine. Incentive programs like the November "Thanksgiving Fitness Feast" and the December "12 Days of Fitness" are programs designed and intended to stress health and wellness over the upcoming holidays. For information on participating in either of these activities please contact the fitness center staff.

Thank you for your cooperation.

President, governors emphasize employer support

WASHINGTON – State and territorial governors will join with President Bush Nov. 14 to sign proclamations declaring Nov. 17-23 as Employer Support of the Guard and Reserve Week.

This historic event is in conjunction with the 2003 Secretary of Defense Employer Support Freedom and Home Front Awards.

Secretary of Defense Donald Rumsfeld will present the 2003 Secretary of Defense Employer Support Freedom Awards to Miller Brewing Co., Central Atlantic Toyota Distribution Center, D.H. Griffin Wrecking Co., Pacific Gas & Electric, and Tyson Foods. The 2003 Home Front Awards will be presented to Home Depot, Verizon Communications, Albertsons and Clear Channel Airports.

The award ceremony will take place at the U.S. Chamber of Commerce in Washington Nov. 14, followed by a presidential reception at the White House.

The Employer Support of the Guard and Reserve is a Department of Defense agency. The ESGR was established in 1972, the year the United States ended the draft and established the all-volunteer military force. The mission of ESGR is to "gain and maintain active employer support from all public and private employers for the men and women of the Guard and Reserve as defined by demonstrated employer commitment to employee military service."

Approximately 1.2 million men and women serve in Air Force Reserve Command and the other reserve components, performing an increasing number of unique missions in support of national security. (AFRC News Service from an ESGR news release)



Comm members roll up sleeves and rub elbows

By MSgt. Peter Borys
914th Public Affairs

Everyone rolls ups their sleeves when it comes to keeping the information flowing in the hot, dry, dusty desert. As anyone would tell you: sand and computers don't make for a good mix. Members of the 5th Communications Flight in Kuwait City, part of AMC's largest Expeditionary Mobility Squadron in Southwest Asia, take on that challenge everyday. The team of 34 members are primarily from the 514th and 914th Communication Squadrons from McGuire AFB and Niagara Falls Air Reserve Station with members also from the 452nd Communications Squadron, March ARB, 108th Air National Guard Communications Flight, McGuire AFB and the 1st Combat Communications Squadron, Ramstein AB, Germany. The team was assembled in July as part of AEF Blue to provide and maintain communication services supporting the deployment and redeployment of U.S. and Coalition Forces for Operation Iraqi Freedom.

A typical day consists of lots of sun and average temperatures of 120 + degrees. The team is composed of skilled Network managers, Information System specialists, Help Desk technicians, Tech Controllers, Supply, Ground Radio, Satellite, Telephone and Computer maintainers whose mission is to provide base operating support such as; NIPERNET, SIPERNET, DSN voice, computer support, Giant Voice, Land Mobile Radios, Air to Ground radio and UHF Satcom support.

The team supports 2500 users from more than 30 units at Camps: Wolf, Champion and Kuwait City International Airport.

"The foundation of the communications infrastructure is the Theater Deployed Communications (TDC) package that has been augmented with a commercial satellite earth terminal", explained Lt. Col Christopher Weimar commander of the unit. "This is the first time that many of these folks have been deployed to support such an extensive and vital mission. Preparation for the mission was critical. Through a combination of annual and special tour training most folks had access to TDC equipment through an extensive training curriculum provided by the 514 CS at both McGuire and Niagara Falls. In addition, training at local host communication facilities provided Reservists and Guardsmen with the necessary skills to handle the robust and detailed infrastructure and services," said Weimar.

Whether its supporting Army, Marine and Coalition units as they execute

deployments to forward locations in Iraq or facilitating the Rest and Recuperation program where soldiers fly home for 2 weeks in the middle of their one year duty tour, the volunteer Reserve and Guard communicators at the 5 EAMS know how important their job is to the Iraqi Freedom mission. Weimar added, "the results of the communication services we provide are visible in the extent of personnel and cargo that transit through our location each day. We know that we provide the backbone allowing the daily ops of our diverse customers to be successful."

CMSgt. Robert Bradley of Niagara added, "The 914th Communications personnel have done an outstanding job of integrating with the various assigned units here to get the job done."

During this fast paced atmosphere every now and then a few of these individuals get to "rub elbows" with celebrities like comedian Drew Carey, actor Bruce Willis, and pop group Collective Soul.

MSgt. Ruth Verbanic NCOIC 5th EAMS from Niagara Falls was one of those fortunate individuals. Verbanic expressed her total surprise by Drew Carey's visit. Apparently a few of her comrades set up this chance meeting.

"I was told to bring a camera. So I grabbed my camera and we went out to the flight line then Capt Schloss from (Travis AFB) urged me to come into the C-130 and there was Drew Carey. He said, "you must be Ruth", I was a nervous wreck, said Verbanic. Carey, on a USO tour, stopped in at Kuwait IAP to take him and the rest of the tour group to their first destination.

Verbanic who works for the Commander of 5EAMS, KCIA, Kuwait, says

she sees everything that is happening. "I have met so many dignitaries, congressmen, celebrities. It has been really exciting. I have met so many people of different walks of life but are all here for the same cause, IRAQI FREEDOM."

On a somber note MSgt. Verbanic said it's not all glamorous, "One thing I have had a really hard time with was seeing the draped coffins as they were loaded, or when the UN had the terrorist bombing, the body containers were right out the door I pass through, that was really difficult."

What keeps her going? "Whenever one of our C-130 crews from the 914th comes through, everyone on the flightline lets me know that Niagara is here so I can look out and see them. That has made my trip really like close to home when I see their tails on the flightline," said Verbanic. "All Army & Marine personnel that go north and return back to their unit come through here. It has been quite an experience. One I will never forget."

Lt.Col. Weimar proudly summed it up by saying, "These great American's from all walks of life have come together as a cohesive team in executing this 24/7 mission. As they prepare for the next team of Reservists to carry on the mission these Reservists and Guardsmen each know that their service is vital and they make a difference in the cause of Freedom and Security."



MSgt. Ruth Verbanic of 914th CS poses with comedian Drew Carey who was visiting the troops recently in SWA. (U.S. Air Force Reserve photo)



Members of 5th EAMS stationed in Kuwait City IAP pose with some of Saddam's prized possessions that were confiscated. The sword, AK-47 and rifle are real gold plated (valued at \$100,000 each). Left to Right are: (back row) SSgt. Jeffrey Munn, SrA Joseph Bierl, SrA Thomas Fitzgerald and CMSgt. Robert Bradley. Kneeling Left to Right: SSgt. David French, SSgt. Robert Wolf. The head is off a Saddam statue that was toppled at the end of major combat operations in Iraq. (U.S. Air Force Reserve photo)

Man on the street

By MSgt. Joseph Cyran

The following was asked of unit members during the October UTA: **"Describe your memorable experiences while deployed to the Middle East."**



SMSgt. Tony Proctor, 914 AMS

"As a worker on the flightline I saw a limited aspect of the job. But as a supervisor you see the big picture where everything comes together, where people work together as a team and how this affects the mission."



TSgt. David Nowaczyk, 914 MXS

"Meeting and working with people from different shops I knew by face but not by name. Learning new aspects to my job and what others do. Experiencing a different culture, the way they dress and their customs."



TSgt. Brian Stone, 914 AMS

"Working with other maintenance crews from bases across the U.S. and creating lasting friendships, as well as strengthening existing friendships with our people from NFARS. Off-duty activities were limited, but I was able to benefit from the fitness center by lifting and exercising with co-workers which was positive for me physically, and it was also a release for the stress which was caused from being deployed overseas."



SMSgt. Mary Braswell, 914 AMS

"Enabled me to learn more about the other members of the unit that I don't normally work closely with on drill weekends. In Tabuk everyone pitched in to work together and help each other get flooring installed and shelves built to improve conditions in the tents."



TSgt. Jeff Rauber, 914 MXS

"Coming together as a unit and overcoming obstacles. On drill weekends it is difficult to get to know each other because we are tasked to complete so many different duties. While deployed I had the opportunity to learn more about the people from my unit. The conditions were harsh where I was assigned. The job was made hard because of the heat."



SrA Lisa Caldwell 914 AES receives a Citation and Certificate of Appreciation for military service from NYS Senator Jim Alesi. Caldwell's recent submission for a SUNY tuition incentive for Volunteer Firefighters and EMS personnel was approved by the NYS Senate. SrA Caldwell is a volunteer firefighter with the Orchard Park Volunteer Fire Company. Caldwell deployed just days ago to Europe & SWA in support of Operation Iraqi Freedom.



Congratulations to Maj. James Yeager, Col. Renata Sierzega, Lt. Col. Henry Wymbs, Lt. Col. Ross Snow; 914th Aeromedical Staging Squadron. Each was recently presented the Meritorious Service Medal by NFARS commander Col. James Roberts. (Photo by TSgt. Chris Boswell)

What's New in Services?

By Mr. Jerry Slipko
914th Services Marketing Director

The month of November is going to be a busy month for Services. From 1-24 Nov 03, the Base Fitness Center will be giving away a "Thanksgiving Feast" which consists of a fully cooked ham and turkey to some lucky patron on 26 Nov 03. All you need to do is run or walk. At the conclusion of your workout, ask a Fitness Center staff member to record your total mileage. For every 10 miles accumulated, you will earn one chance at winning the "Thanksgiving Feast". Earn as many chances as you can. In addition, the first 25 patrons to accumulate 50 miles will receive a "Thanksgiving Fitness Feast" t-shirt.

If you have not heard already, the Fitness Center is going to be closed sometime this month for renovations. The project will consist of remodeling the whole Fitness Center and should be closed for approximately six months. However, for those who patronize the Fitness Center, we are going to set up a few temporary fitness centers on the base. We will be informing everyone as to these locations. We apologize for this inconvenience, but if you are a Fitness Center patron, you are well aware that this project is overly needed. Also, in addition, Mr. Michael Williams, Recreation Director has purchased new nautilus equipment as well as other pieces of fitness equipment. Therefore, not only will you be patronizing a newly remodeled building, but also, you will be using new equipment during your workout. If you have any questions about the Fitness Center project and promotion, please call 236-2101.

Starting on 9 Nov 03 to 31 Mar 04, Niagara Lodge has implemented new Hours of Operation. Lodging will be open 0700-2100 every day except for the UTAs. The current UTA Hours

of Operation will remain the same. In addition, on Thanksgiving and New Year's Day, the Lodging Office will be open 0800-1200 only and closed on Christmas Day. If you do stay at Lodging other than on an UTA, you must guarantee your reservation with a credit card for an arrival after 1800 hrs.

Services IT&T is now selling discount tickets to all AMC movie theatres. The restricted tickets are \$6.00 each. In addition, since winter is just around the corner, you may want to purchase some Delta Sonic carwash tickets to protect your car from the nasty road salt. If you are a skier, you may want to check out the discount ticket prices for Kissing Bridge through the Services IT&T office. For any information on discount tickets, please call the Services IT&T office at 236-3367.

For those who completed the Falcon Club survey conducted by the Services Marketing department, we appreciated you taking the time out of your schedule to complete them. One lucky person won two Regal movie tickets. We obtained some valuable information and we hope to make the necessary changes.

A few people commented on the no smoking policy at the Falcon Club. A few of the people who completed the survey commented that since we are a Federal installation, the Air Force should override the new NYS law. Well, this is not possible due to an Executive Order signed by former President Clinton back in the late 1990s. This Executive Order banned smoking in all Federal facilities. Therefore even if NYS repealed the no smoking law, we would still have to abide by the Executive Order. We apologize for this, but we have to obey this law and Executive Order.

From everyone in Services, we would like to wish everyone a Happy Thanksgiving.

Did You Know?

HAIR STYLES

FEMALES

Hair Style: According to AFI 36-2903, Table 1.4, Item 5, page 10, hair will be styled to present a professional appearance. Plain and conservative pins, combs, headbands, elastic bands, and barrettes similar to the individual's hair color are permitted to keep hair in place. Hair will not be worn in an extreme or fad style or violate safety requirements. It will not extend in length on all sides below an invisible line drawn parallel to the ground at the bottom edge of the shirt collar at the back of the neck. It will not exceed 3 inches in bulk or prevent proper wear of headgear (see below). It will not include hair ornaments such as ribbons or jeweled pins.

Hairstyle interfering with proper wearing of hat: According to AFI 36-2903, Table 1.4, Item 3, page 9, hair will not touch eyebrows when groomed or protrude below the front band of properly worn headgear. **EXCEPTION:** Hair may be visible in front of women's flight cap. **Note:** According to Table 2.3, Item 15, page 82, *the flight cap will be worn slightly to the wearers right with the vertical crease of the cap in line with the center of the forehead in a straight line with the nose; approximately 1" from the eyebrows in the front. They seem to believe it can be worn much further back.*

Hair dye: For males or females, according to AFI 36-2903, Table 1.4, Item 3, page 9, if dyed, hair will look natural.

MALES

Hair Style: According to AFI 36-2903, Table 1.4, Item 4, page 10, men's hairstyle will have a tapered appearance on both sides and back, both with and without headgear. A tapered appearance is one that when viewed from any angle outlines the individual's hair so that it conforms to the shape of the head, curving inward to the natural termination point. Block cut permitted with tapered appearance. Hair will not be worn in extreme fad style or in such a way that exceeds length or bulk standards or violates safety requirements. Will not touch the ears and only closely cut hair on the back of the neck may touch the collar. Will not exceed 1/4 inch in bulk, regardless of length and not exceed 1/4 inch at the natural termination point. Will not contain or have any visible foreign items attached to it.

Sideburns: According to AFI 36-2903, table 1.4, line 8, page 11, sideburns will be neatly trimmed and tapered in the same manner as the haircut. They will be **STRAIGHT** and **EVEN** (not flared) and end in a clean-shaven horizontal line. They will **NOT** extend below the lowest part of the exterior ear opening (does not apply to individuals with shaving waivers).

Recruiting gives a big thanks to the 914th AW for another successful year

At the FY 2003 Recruiting Awards Banquet held 22 October in Savanna GA, 914 Recruiting was the top "Get One" Award Winner in the Air Force Reserve, with 43 Get One enlistments.

SMSgt. Phillip Brown, 914 AW Senior Recruiter, and the Recruiting Team would like to thank the entire wing for all their hard work because unit MEMBERS made it happen.

MSgt. Thomas Zwelling was presented with the Superior Achievement Award for achieving 132% of his annual goal, and being in the top 50 of all Air Force Reserve recruiters. Zwelling was also presented the 110% Award.

MSgt. Brian Burgstahler was presented with the 110% Award for achieving 113% of his annual goal.

914th Airlift Wing

PROMOTIONS

To Senior Master Sergeant

Sharon Annunziato, 914 AES
Rene Cevaer, 914 CES
Charles Palistrant, 914 CES



To Master Sergeant

Gerald Aderhold, 914 CES
Lesley Blue, 914 ASTS
Michael Boland, 914 CES
Mal Brown, 914 AES
Matthew Butts, 328 AS
Cynthia Glover, 914 MSG
Andrew Raymond, 914 LRS
Gerald Ricketts, 914 AES
Melbourne Roberts, 914 LRS
Clinton Ronan, 914 MXS
Scott Suitor, 914 SFS
Scott VanAlstine, 914 CES
Ruth Verbanic, 914 CS



To Technical Sergeant

Mohammed Ali, 914 MOF
Cheryl Gallagher, 914 AES
Daniel Jakubik, 914 CES
Brian Moore, 914 SFS
Lance Sabo, 914 MXS



To Staff Sergeant

Reginald Johnson, 914 SVS
Christopher Penberthy, 914 SVS



To Senior Airman

Adam Byrnes, 914 MXS
Daniel Chiarilli, 914 MXS
Justin Cummings, 914 MXS
Shawn Hanley, 30 APS
Eldon Harmon, 914 MSF
Daniel Iestas, 914 CES
Matthew King, 914 CES
Phillip Lavor, 914 CES
Matthew Lill, 30 APS
Thomas Martino, 30 APS
Barry Riley, 30 APS
Thomas Spinella, 914 LRS
Joel Travis, 30 APS
Rebecca Usiak, 914 AW
Dianne Vilbar, 914 OSF
John Waszak, 30 APS
Brett Whitehead, 30 APS



To Airman First Class

Clark Maxwell, 914 LRS
Brian Morrison, 914 ASTS
Eugene Olear, 914 AMXS
John Warden, 914 MXS



To Airman

Marvin Askew, 914 SFS
Christopher Ayres, 914 MXS
Kelly Foit, 914 ASTS
Terron Grimbail, 914 MXS
Robert Hilbourn, 914 AES
Brian Little, 914 SFS
Hop Nguyen, 914 LRS
Michael Rose, 914 AMXS
Ulysses Turley, 914 SVS



Spotlight



Photo By: MSgt. Joe Cyran

Name: Heather J. Hines

Rank: SrA

Age: 24, but a kid at heart

Address: Erie, PA

Unit: 914 ASTS

Position: Health Services Management

Civilian Position: Elementary Education/
Special Ed. Major

Years of Service: 3

Favorite Sport: Soccer

Favorite Hobby: Photography

Ideal Vacation: Solo tour of Europe

Best way to relax: Reading

Preferred Entertainment: Teaching Children

Favorite TDY location: Nellis AFB, NV

Career Highlight: Experiencing all aspects of military life; i.e. base living, tours, pride, confidence, structure, and discipline.

Favorite Quote: "Success usually comes to those who are too busy to be looking for it" - Henry David Thoreau

November is Bone Marrow Awareness Month

By Sally Kosut

914th Maintenance Group

October 1st was our NEW YEAR which means another fiscal year begins in the federal government. On this day, I had several people say HAPPY NEW YEAR to me. I love that saying!

The "New Year" was even better, when I received a call inquiring about my bone marrow experience from a 107th Guard Technician. This person received a call from the Red Cross the night before with a possible match. Did I have time to answer a few questions on this subject? Sure, I said, "ask anything and I try to answer you." I have to

admit, that I'm one sided and feel everyone should explore the possibilities and then say yes.

We had a lengthy conversation and I sent my 2 articles to him that was in our Frontiersmen and the Niagara Falls Gazette. I can't make the decision for him but can and will always be available for anyone who would like my thoughts and experience of a lifetime. My hopes are that anyone who is called becomes one of the lucky ones in becoming a bone marrow donor.

Feel free to call me if you ever have an opportunity of a lifetime and want "my one sided opinion" to become a donor. It's a positive experience you won't forget.

BLACK ICE

New York State is noted for having a horrific winter season. During this time the people of New York experience heavy snow fall, and freezing temperatures. Along with freezing temperatures comes a hazardous driving condition called Black Ice.

Black Ice can fool drivers very easily. It is an almost invisible threat, especially during the onset of freezing temperatures. Its shine tricks drivers into thinking it's water on the road. What most people don't realize is that condensation, such as morning dew, freezes when temperatures reach 32 degrees or below. This forms an extra layer of thin ice on the road.

A clue that you are on Black Ice is when all goes quiet in the car and you cannot hear any tire noise. If you suspect you are on Black Ice and begin to skid, take your foot off the gas and shift to neutral, quickly. Then steer in the direction you want your car to go. Before the rear wheels stop skidding, shift to drive and gently press the accelerator. DO NOT SLAM ON THE BRAKES.

To Honor with Dignity

By SMSgt. Michael Roach
914th Services Squadron

It's official. On October 24, 2003 the first ever Niagara Falls Base Honor Guard located at the Niagara Falls Joint Air Reserve Station, NY was established when fifteen (15) members of the 914th Airlift Wing completed the required five (5) day Introductory Honors and Ceremonies class.

The class was facilitated by MSgt. Eugene Brown, 514 AMW/CCE/HG. MSgt. Brown was assisted by TSgt. Leonard Werner and SrA Melanie Engel also of the 514 AMW Honor Guard.

The class began on Monday 20 October 03 with a very intense pace of instruction which covered all aspects of the Air Force Honor Guard program to include; instruction associated with firing parties, pallbearer details, flag folding, in addition to funeral and ceremonial color guard procedures. On Friday 24 October 03 all fifteen volunteers received certificates of completion marking the official establishment of the first ever Niagara Falls Base Honor Guard.

Congratulations to the following members of your Niagara Falls Base Honor Guard: 1Lt. Paul Delano, SMSgt. Alan Davidson, SMSgt. Shelly Mullen, TSgt. Linda Chapman, TSgt. Terrence Wright, TSgt. Roland Gray, TSgt. Michael Janiszkeski, TSgt. Phillip Gaudy, SSgt. Brian Smith, SSgt. Edwin Hartman, SSgt. Nina Deming, SrA Matthew Nappo, SrA Michael McMillon, SrA Nelcilia Notah, SrA Thomas Spinella.

Anyone interested in becoming a member of the Niagara Base Honor Guard should contact SMSgt. Michael Roach, 914 SVS, at ext. 2071, or via email michael.roach@niagarafalls.af.mil.



Photo By: TSgt. Kevin Nichols

Niagara Frontiersman



Photo By: SSgt. James Orbin

The Niagara Frontiersman is printed for unit members like MSgt. Phil Carlin and MSgt. Jim Desrosiers. Both Carlin and Desrosiers are retiring with more than 71 years of combined service. We congratulate them on their many years of dedicated service and wish them success in their future endeavors.

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- Ronald Reagan